Border Eagle



Laughlin Air Force Base, Texas ... Together we 'XL'

Vol. 49, No. 15 www.laughlin.af.mil April 20, 2001

the inside **Scoop...**

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"The airplane is just a bunch of sticks and wires and cloth, a tool for learning about the sky and about what kind of person I am, when I fly. An airplane stands for freedom, for joy, for the power to understand, and to demonstrate that understanding. Those things aren't destructible."

-Richard Bach

Event to recognize volunteers

By Airman 1st Class Brad Pettit

Editor

he Family Support Center volunteer program will recognize Laughlin volunteers and serve free ice cream from 1-3 p.m. April 27 during an ice cream social at the 47th Mission Support Squadron atrium area.

The ice cream social is part of National Volunteer Week, which is celebrated April 22-28 to recognize and celebrate the efforts of volunteers at the local, state and national levels.

Col. Jack Egginton, 47th Flying Training Wing commander, will speak

See 'Social,' page 4



Photo by Airman 1st Class Brad Petti

Entry controller hails from...

Airman 1st Class Anthony Abridello, 47th Security Forces Squadron entry controller, waves in a base visitor at the West Gate Tuesday. Signs displaying the name and hometown/state of entry controllers have been displayed at the gate entry points to personalize the post gate guards must stand. The West Gate is now the 24-hour access gate to Laughlin.

Helicopter crash victims arrive at Hickam

By Tech. Sgt. Chris Haug Pacific Air Forces Public Affairs

HICKAM AIR FORCE BASE, Hawaii – The remains of seven U.S. servicemen who died when a Vietnamese-operated MI-17 helicopter crashed April 7 were honored during a ceremony at Hickam AFB, Hawaii April 13.

The remains were flown onboard an Air Force C-17 Globemaster III from Vietnam to Andersen AFB, Guam, and then to Hickam AFB.

Adm. Dennis C. Blair, commander in chief, of U.S. Pacific Command, spoke at the ceremony and said that the "seven Americans served the United States with particular courage, working to heal the scars of war."

Following the Hickam ceremony, the remains were taken to the U.S. Army Central Identification Laboratory-Hawaii for final identification prior to returning them to their families.

"We can only say to the families who have suffered this loss that we grieve for your sons, husbands, and brothers – our teammates," Blair said. "We honor their service; we renew our dedication to the cause they served. We will



Photo by Tech. Sgt. Brian Boone

The remains of seven U.S. servicemen who died in a Vietnamese-operated MI-17 helicopter crash April 7 in Vietnam were flown back to the U.S. onboard an Air Force C-17 Globemaster III from McChord Air Force Base, Wash.

never forget them."

The U.S. servicemen and nine Vietnamese were conducting operations in Vietnam preparing for the 65th

See 'Crash,' page 4









By Maj. Anthony Zarbano 47th Communications Squadron commander

Identity theft: Don't let someone steal your name

"He who steals my purse steals trash, but he who steals my good name robs me of that which enriches him not and leaves me poor indeed." – William Shakespeare.

Starting a commander's corner article with a quote from Shakespeare is risky. Please humor me as I sort out "what's in a name," and some of the repercussions of that name getting in the wrong hands. Those who used to make an illegal profit by stealing wallets and purses are now enriching themselves by stealing your name. This is better known as identity theft and it is more prevalent today than ever before.

Identity theft occurs when someone obtains private information about you, such as your name,

birth date, social security number, address and credit card numbers. This information may be obtained from personal contact, phone conversations or through the Internet. Skillful thieves use your personal data to open credit card accounts, transfer money from your bank accounts and take lavish vacations all in your name.

Members of the military community are even more likely to be victims of identity theft due to our frequent moves and mobile lifestyles.

Servicemembers who are victims of this crime also may suffer more profound impacts than the civilian sector – greatly impairing morale and the ability to accomplish the mission.

Now the question arises: what can be done to

prevent identity theft? Many of these answers lie in some of the basic information principles we train on daily. Do not transmit your social security number, birth dates or anything else that involves your privacy by unsecured communications (Internet, facsimile or telephone) unless you absolutely are positive who is receiving this. Even then, transmissions can be intercepted and the data could fall into the wrong hands. When information is requested by anyone, ensure they have a legitimate need for it. Protecting your personal information rests squarely on your own shoulders. At home, be suspicious of anyone who requests

See 'Name,' page 3









By Chief Master Sgt. Stephen Enyeart

47th Flying Training Wing command chief master sergeant

Stripe giveaway rumor is a vicious myth

If igh promotion rates have led to statements from enlisted members around this base that the last promotion cycle was a stripe giveaway for staff through master sergeants.

Nothing could be farther from the truth. First, Air Force promotes to vacancies within the force and not to an arbitrary number that someone just pulls from a hat. Second, the promotion percentage for each rank is determined by the number of vacancies in the next pay grade and then balanced out across all career fields so that no one field gets all the promotions.

Our promotion system gives us

the perfect tool to show our people exactly how to get promoted. You will not find a system close to this in the private sector. The Air Force sets specific requirements and then promotes you when you meet them. Air Force Pamphlet 36-2241, Vol. 1, chapter 14 gives clear guidance and delineates specific requirements for promotion to the next grade.

You must meet the time-ingrade, time-in-service and skill-level requirements, and then be recommended for promotion by your supervisor and commander. Then you will be given the opportunity to take the promotion fitness examination and the skill knowledge test.

It is very important for our airmen to understand that they and the expected vacancies in the Air Force determine the cutoff scores required to qualify for the next rank. That determination adds time in grade, time in service, decorations and enlisted performance report points to the scores from the PFE and SKT tests. Once the testing cycle is completed, all points are tabulated and airmen are listed in order from the highest point accumulation to the lowest.

Only now does Air Force take the number of expected vacancies and go down the list until they have enough selections to fill these vacancies. If we need 6,789 promotions to satisfy the vacancies then we take the top 6,789 from the list of airmen who took the test and promote them. When there is a larger number of vacancies, then Air Force promotes a larger number. Conversely, when Air Force expects fewer vacancies, fewer get promoted. The last person on the selection list represents the promotion cutoff point.

The Air Force then goes to great lengths to provide statistics on each promotion cycle. The average PFE

See 'Stripes,' page 3

Col. Jack Egginton
Commander
1st Lt. Dawnita Parkinson
Public affairs chief
Airman 1st Class Brad Pettit
Editor

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Force photographs unless otherwise indicated. **Deadlines, Advertising**

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. Copy deadline is close of business each Thursday the week prior to publication.

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to: bradley.pettit@laughlin.af.mil or reginal.woodruff@laughlin.af.mil

"Excellence - not our goal, but our standard."
- 47 FTW motto

For love of country, family, friends

By Capt. Charlie Nelson

77th Bomb Squadron

ELLSWORTH AIR FORCE BASE, S.D. – When home on leave, my friends jokingly tell me I need to treat them to dinner or buy drinks because their taxes pay my salary. Until recently, I always thought of it as friendly teasing.

My maintenance team recently came in on Saturday for some catchup maintenance. I sent one of my friends back home a quick e-mail that said, "Look, it's 6:30 a.m. on a Saturday, and I'm here at work. I just wanted you to know your tax dollars are hard at work." I didn't hear anything from him for a while, but he replied I was stunned. His e-mail was entitled: "You're a Good Soldier."

In the e-mail, my friend explained how lucky he feels that he goes to bed every night without worrying about foreign countries threatening the U.S. He told me he's glad I've decided to defend our country because somebody has to and he's not willing to make the sacrifices.

What I realized from this e-mail is all my friends do the same. Their teasing is simply a way of saying thanks without having to be serious.

To be part of an organization and provide my friends with the security they have grown accustomed to, whether they understand the sacrifices military people make or not, overshadows the hardships I've encountered. My family and friends are the most important people in my life.

Even if they don't tell you, they're proud!
(Courtesy of Air Force Print News)

'Name,' from page 2

this information over the telephone, regardless of what guise they employ. Before you discard them, shred all credit card bills, phone bills and any personal account information that could be useful to someone trying to steal your identity.

When using a credit card to pay for purchases, try to keep constant visual contact with your card.

Last year, during the holidays, some temporary employees hired at restaurants and retail establishments later were discovered to be part of a credit card theft ring. They would take customer credit cards and scan them into a device designed to record the information on the card and sell the information to others. This particular scenario played out in a number of metropolitan areas, including San Antonio.

Order a credit history on yourself from the three largest credit reporting agencies. If this reveals accounts you have no knowledge of, then immediately cancel the account. After that, notify the creditor via telephone and in writing that you have been the victim of identity theft. Next, notify the local police department and make an official record of the complaint. They may not have the resources to apprehend the thief, but your complaint on their official ledger will help you with

creditors demanding payment.

The base legal office is also familiar with identity theft crimes and appropriate actions to take – so use their wise counsel. Act quickly – speed is your greatest ally when fighting identity theft.

What's in a name? Just a bit more these days than Mr. Shakespeare could have ever imagined. At stake are your hard-earned name, reputation and financial standing, not to mention the cash in your purse or wallet.

Be vigilant, be educated and be smart.

(I would like to extend my special thanks to Rick Ervin, Laughlin wing information assurance officer, for his contributions to this article).

'Stripes,' from page 2

and SKT scores tell both promotees and nonpromotees where they stand in comparison to everyone else in the Air Force and in their career fields. This information is important to the unpromoted individuals because it precisely shows where they need to improve to have a better chance for promotion the next cycle.

Except for two areas, every as-

pect of point accumulation is under individual control. Duty performance improvement will improve EPR ratings, as well as the possibility of receiving a decoration and additional points.

The amount of study will determine how well someone scores on the tests. Testing and EPRs alone make up 335 of the 460 points. The points that individuals do not control are time in grade and time in service.

These are controlled just like they sound, by accumulating time and everyone accumulates these points at the same rate.

The entire process is very fair because it is designed to be unable to see the individual and therefore be as unbiased as possible. Further, it is a process that is consistent – the same every year. It meets the needs of the Air Force by supplying promotees to fill vacancies.

So the next time someone says, "they gave stripes away," remind them that no stripes are given away – they are earned over time after meeting very precise requirements. The best part of this system is that it rewards those that put the effort into meeting and exceeding the requirements set before them.

So, meet the requirements, study hard, and we will look for your name on the next promotion list.

Actionline Call 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely per-

sonal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.





Col. Jack Egginton 47 FTW commander

AAFES 298-3176 Accounting and Finance 298-5204 Civil Engineer 298-5252 Civilian Personnel 298-5299 Commissary 298-5815 Dormitory manager 298-5213 298-6311 Hospital Housing 298-5904 Inspector General 298-5638 Legal 298-5172 Military Personnel 298-5073 **Public Affairs** 298-5988 Security Forces 298-5900 298-5810 Services **Equal Opportunity** 298-5400 FWA hotline 298-4170

News

'Social,' from page 1

at the event, followed by a presentation of the prestigious Volunteer Excellence Award. This award honors one volunteer who "best exemplifies the giving spirit and contributions of the entire volunteer force."

"We want to extend our appreciation to the volunteers for their selfless dedication to the Laughlin and Del Rio communities," said Bobby Barrera, Family Support Center director. They sacrifice their time and energy for the local communities and really deserve the praise!"

The national theme for the 2001 Volunteer Ap-

preciation Week is "Change the World – Volunteer." Barrera says this theme couldn't better sum up the idea behind volunteerism.

"The National Volunteer Week theme is particularly appropriate as we enter the 21st Century with renewed hope for what we can achieve together through volunteering," he said. "Last year, Laughlin had more than 250 volunteers who donated 19,915 hours of their time to the Del Rio and Laughlin communities. If that kind of support was seen worldwide, volunteers could definitely change the world for the better."

For more information on becoming a Laughlin volunteer, call the Family Support Center at 298-5620.

First woman completes sniper school

By Master Sgt. Bob Haskell
National Guard Bureau Public Affairs

CAMP ROBINSON, Ark. – March is the traditional month for celebrating women's history. April 2001, however, is when 19-year-old Jennifer Donaldson made some history of her own.

She was nicknamed "G.I. Jane" at Camp Robinson in central Arkansas, near Little Rock. That's where the senior airman from the Illinois Air National Guard became the first woman to complete the only U.S. military sniper school open to females.

Donaldson and seven men graduated April 14 from the first countersniper program for

See 'Sniper,' page 5

'Crash,' from page 1

joint field activity to recover and return the remains of American servicemen still unaccounted for as a result of the Vietnam War.

Joint field activities are monthlong operations held four times a year in Vietnam.

The seven military members were:

Army Lt. Col. Rennie M.
 Cory Jr., Detachment 2 com-

mander, Joint Task Force-Full Accounting, Hanoi, Vietnam;

- Army Lt. Col. George D. Martin III, incoming Det. 2 commander, 1st Battalion, 32nd Infantry Regiment, Fort Drum, N.Y.;
- Air Force Maj. Charles E.
 Lewis, Det. 2 deputy commander,
 JTF-FA:
- Air Force Master Sgt.
 Steven L. Moser, Vietnamese linguist, JTF-FA;
 - Navy Hospital Corpsman

Chief Pedro J. Gonzales, Consolidated Divers Unit, San Diego;

- Air Force Tech. Sgt. Robert
 M. Flynn, Vietnamese linguist,
 JTF-FA;
- Army Sgt. 1st Class Tommy J. Murphy, mortuary affairs/team sergeant, Central Identification Laboratory-Hawaii.

The cause of the accident is being investigated.

(Courtesy of Pacific Air Forces News Service)

New Burger King hours

The Burger King is now operating under new hours. The new hours are Monday-Friday, 7:30 a.m. to 8 p.m., and Saturday-Sunday, 11 a.m. to 5:30 p.m.

Enlisted promotions

An enlisted promotion ceremony will be held at 3:30 p.m. at Club Amistad April 30.

For more information, call Master Sgt. Sandra Harper at 298-5667.

Law Day 2001

The Laughlin Legal Office, in conjunction with the Val Verde County Bar Association and U.S. Courts, is sponsoring numerous activities for the May 1 Law Day 2001.

Del Rio students will participate in mock trials at the federal and local courts. Attorneys will speak in school classrooms on a variety of topics and read books to younger children.

For more information on Law Day 2001, call Capt. Lucy Carrillo at 298-5172.

Newslines

Arbor Day celebration

A celebration for Earth-Arbor Day will take place from 10:30 a.m. to 2 p.m. April 25 at the tennis courts next to Liberty Pool.

Col. Jack Egginton, 47th Flying Training Wing commander, will read the proclamation and Mark Peterson, Texas Forest Service, will speak.

Environmental booths will be set-up in the tennis courts with games, contests and prizes. Fortynine trees will be planted around the courts. So, any volunteers are invited to help-out.

For more information, call 1st Lt. Nathan Fonnesbeck at 4389.

AFROTC assignments

Air Education and Training Command has announced procedures for officers interested in applying for summer of 2002 Air Force ROTC commander/professor of Aerospace, assistant professor of Aerospace studies and regional director of

admissions vacancies. See the AFPC assignments homepage under career broadening: afas.afpc.randolph.af.mil/carerbroad/rotc.html, and www.aetc.randolph.af.mil/dp/officer/specialduty.

For more information, call customer service at 298-5277.

Fund-raiser bowl-a-thon

A bowl-a-thon fund-raiser for the Air Force Enlisted Widows Foundation will be held at the Cactus Lanes Bowling Alley today from 1:30 to 4:30 p.m.

To make a pledge for individuals, call Master Sgt. Timothy Griffin at 298-4376.

MPF closure

The Military Personnel Flight will be able to provide limited service today through April 30 due to upgrades being made in the computer system. The MPF will be closed from 7:30-8:30 a.m. Monday through April 30 and 7:30 a.m. to 12:30 p.m. May 1.

For more information, call Senior Airman Douangchan Lasrithammavan at 298-4320.





'Sniper,' from page 4

Air Guard security force personnel conducted by the 8-year-old National Guard Sniper School. It was the first program of its kind for any U.S. Air Force component.

Completing the course made Donaldson, a security forces specialist from the Air National Guard's 183rd Fighter Wing in Springfield, Ill., the first woman student for the National Guard's pilot training program for security people charged with protecting air bases and airplanes.

"I've admired policemen since I was a little kid," Donaldson said. "I want to get as much training as I can get. This sounded interesting."

She and her partner, Staff Sgt. Frank Tallman from Kentucky, were the first team to complete and pass a 2.7-mile land navigation course through thick woods that day. She was steeling herself to do another three-hour course that night.

"I had no idea it would be this hard," said Donaldson after her first week. "I've been in the Guard for a year. I've done basic training and tech school. But I've never seen this kind of physical training. Some of us had to get fit while we were here.

"Yesterday I wanted to go home," she added. "I was so stressed out, and I had no confidence at all."

Donaldson was considerably more upbeat five days later, the day before graduation, after the two tough weeks of training were behind her.

"It's a relief," she said. "I feel that

I have really accomplished something. I stuck with it because I wanted to prove to myself I could do it."

Detecting practice targets as small as a pencil, sketching structures where enemy snipers could be concealed, and memorizing minute details about an enemy unit's size, uniforms and equipment were part of the drill for the students who spent as much time on their stomachs as they did on their feet.

Donaldson was eligible to attend the school because women belong to Air Guard and Air Force security forces, Dolan explained.

That is not the case in the Army and the Marines because snipers are part of those infantry forces, and women cannot be in the infantry. Dolan, however, maintains that more women should be trained as snipers.

"Frankly, women are better suited mentally for this job than most men," said Dolan who has learned the sniper craft from the Marines and from the Army and who saw duty as a Marine sniper 10 years ago during the Persian Gulf War.

"A woman is best suited to counter a woman sniper," he added. "That's important because more than 50 percent of the countries that have been considered hostile to the United States, including North Vietnam and North Korea, have used women snipers.

"Women can shoot better, by and large, and they're easier to train because they don't have the inflated egos that a lot of men bring to these programs," Dolan said. "Women will ask for help if they need it, and they will



On the dotted line

Photo by Airman 1st Class Brad Pettit

Col. Jack Egginton, 47th Flying Training Wing commander, signs a Bring Us Home campaign pledge form, while Chief Master Sgt. Stephen Enyeart, 47th Flying Training Wing command chief master sergeant, Staff Sgt. Denny Bensel, Bioenvironmental Engineering Flight Industrial Hygiene element chief, Senior Airman Jennifer Nalls, XL Fitness Center personal trainer, look on. The Bring Us Home campaign, headed by the Air Force Sergeant's Association, is helping to raise the remaining funds needed to build a memorial representing the Air Force in Washington, D.C.

tell you what they think."

Dolan designed the countersniper program for Air National Guard security people, and he has no reservations about training women who can handle the 15-hour days of running and shooting and camouflage lessons in the woods.

The students had to complete a two-day and night field training exercise at the Arkansas National Guard's Fort Chaffee before they graduated.

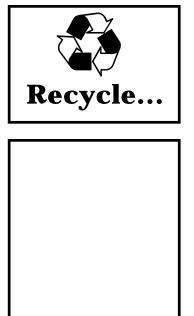
"The same standards apply to men

and women," Dolan insisted. "This course is designed to test their physical limits and their emotional balance."

Despite Donaldson's concerns, Dolan said, the sniper school's first woman student shot well with her scope-mounted, high-power rifle on the range and was above average student as well

"They tried to teach you to deal with stress," related Donaldson. "I believe it worked. And I feel much better about all of this now that it's over."

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Family Day

Base parents, children show up for egg hunt, games and booths

Photos and article by Jesse I. Diaz 47th Services Division Marketing specialist

aughlin families turned out in force to enjoy beautiful weather and the Easter holiday during Saturday's Family Day at the Fiesta Center.

Festivities included a parade from the Base Chapel to the Fiesta Center, where game booths entertained the more than 300 children and food booths were available to satisfy the appetites of hungry parents and children alike.

Special Easter Bunny appearances were made by Col. Jack Egginton, 47th Flying Training Wing commander, and Col. Herb Foret, 47th Flying Training Wing vice commander, who each passed out candy and posed for photos with children and parents eager to capture the moment with the famous rabbits.

More than 600 people turned out to make Laughlin's annual Family Day a success.



Staff Sgt. Tony Gomez, 47th Security Forces Squadron training NCOIC, helps his daughter Carmen gather eggs during the Easter egg hunt at the Fiesta Center Saturday. An estimated 300 children participated in the event.



(Above) Joseph and Anthony Musacchia, 23 month-old twin sons of Capt. Joseph Musacchia, 47th Security Forces squadron operations officer, sit in a wagon decorated by their mother Teresa Musacchia. (Right) Alondra Yeackle, 3, adds eggs to her Easter basket during the Family Day Easter egg hunt.



Do you know the history of Military **Equal Opportunity?**

By Capt. Joe D. Colunga

47th Flying Training Wing Military Equal Opportunity chief

t was Saturday, May 22, 1971, and a fight occurred between two black female airmen and a white female air-Lman in a dormitory at Travis AFB over the volume of a record player. The skirmish escalated and soon black and white airmen spilled out of nearby dormitories and joined the fighting, which then spread through the barracks area. The security police responded and arrested the two black airmen.

As news of the incident circulated, rumors and exaggerations were added to the story to the point that 60 black airmen marched on the confinement facility demanding the release of three black airmen (another had been arrested on duty later). The security police turned them back, so they swarmed across a baseball diamond, attacking white players and moved into the barracks area, assaulting white airmen and smashing windows in cars and barracks.

This was the start of three days of violence that resulted in one death (a civilian fireman responding to a fire), 30 people injured, one who was a squadron commander, 135 people arrested, and at least \$37,000 in property damage. At the height of the violence, 74 law enforcement personnel were called in from nearby civilian communities to augment the security police.

Initially, the cause of the melee was the march upon the confinement facility, but the ensuing investigation revealed that the problem ultimately began much earlier.

General Jack J. Catton, Military Airlift Command commander-in-chief, said in a memo to General John D. Ryan, Air Force chief of staff, that the incident was ultimately caused by a failure in leadership resulting in a critical breakdown in communication. Specifically, "intense frustration and dissatisfaction on the part of our young black men and women, which is not understood or appreciated to the degree necessary, by first line supervisors and to an even lesser degree by our more senior Air Force managers at all levels." And "grievances of young airmen, some of which were racial, were allowed to fester undetected and unresolved due to a lack of leadership and a breakdown in communication."

The often heard cliche, "perception is reality" applied here because whether a problem is real or imagined, to the person who has the problem, it is real. Minority members felt – and therefore effectively were – deprived of their voice. And Travis AFB was only one of many Air Force installations to experience racial unrest.

In response to the worst racial incident in Air Force history, the Social Actions office was created in January 1973, to enhance leadership effectiveness by opening up communication lines for all Air Force people. In 1999, the office was renamed Military Equal Opportunity.

Our ME offices exist to ensure we don't repeat the

Where are they now?

Name: Capt. Alan Springston

Class/date of graduation from Laughlin: Class 97-

02, November 1996

Aircraft you now fly and base you are stationed at: C-141, McChord AFB, Wash.

Mission of your current aircraft? Airlift

What do you like most about your current air-

craft? Travel to exotic ports of call

What do you dislike most about your current aircraft? Total lack of air schedule predictability

What was the most important thing you learned at Laughlin besides learning to fly? Time management

What is your most memorable experience from Laughlin? Two 103 degree days in January What advice would you give SUPT students at Laughlin? Do not own a television



Safety belts save lives – so buckle up!

The XLer



Hometown: Houston, Texas

Family: Mother, Maria Ruiz; brothers, Jesse, Gustavo and Ricardo; sister, Claudia

Time at Laughlin: 1 year, 9 months
Time in service: 2 years,

2 months

Name one way to im-

prove life at Laughlin:

Airman 1st Class Alfonso Luna-Ruiz

47th Security Forces Squadron Pass and Registration section leader

Live entertainment

Hobbies: Helping people and
playing my guitar

Greatest accomplishment:
Becoming a U.S. citizen

Bad habit: Being too nice
Favorite beverage: Sprite

Favorite food: Mexican Motto: Help those who need help and ask for nothing in return.

If you could spend one hour with any person, who would it be and why? My father. I would

why? My father. I would thank him again for being my best friend, go to the local pool hall and embrace him one more time.

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'MEO,' from page 7

mistakes of the past. The forms of racism, sexism, and other dysfunctional biases constantly change, therefore problems continue since diversity is a reality in today's Air Force.

Our ME mission is to assist commanders at all levels in promoting positive human relations through education, climate assessment, and clarification of Equal Opportunity complaints and incidents, enabling each person's greatest possible contribution to the mission. We help good teams become great teams by showing them how to optimize human resources and communication.

Your ME office is staffed with highly trained experts in diversity issues, human relations, and discrimination and their impact on individuals and the mission. Enlisted ME technicians have retrained into their current career field from a variety of occupational backgrounds. Here at Laughlin, your technicians are also certified Air Force mediators and graduates of the Air Force Academic Instructor School where they become proficient in enabling individuals to learn from their own experiences and the experiences of others.

Making sure each person is treated with dignity and respect means that we all benefit from individual contributions of talent. This isn't just and ME job but and integral part of leadership.

If you are interested in learning more about human relation issues or cross training into the career field, please call extension 298-5400 or stop by Suite 234 at the base clinic.

Chapel Schedule

<u>Catholic</u> <u>Jewish</u>

Saturday Max Stool, call 775-4519

-Mass, 5 p.m. **Protestant**Sunday Sunday

-Mass, 9:30 a.m. -General worship, 11 a.m. -Sunday school, 9:30 a.m. at the Religious Education

-Little Rock Scripture Building

Study, 11 a.m. in Chapel Monday
Fellowship Hall Student Wives' Fellow-CCD, 11 a.m., Religious ship, 7-9 p.m. Call 298-

Education Building 7365. *Thursday Wednesday*

-Choir, 6 p.m. - Women's Bible Study, **Muslim** 12:30-2:15 p.m. at

Dr. Mostafa Salama, call Chapel

768-9200 -Choir, 7 p.m. at Chapel

For more information on Chapel events and services, call 298-5111.

Safety belts save lives – so buckle up!



Don't drink and drive. You could lose your career. You could kill someone else. You could kill yourself. Think about it.





hoto by Dan G

The Dover Air Force Base First Sergeants Council held its annual push-up contest fund-raiser April 9 at the Dover AFB, Del. fitness center. More than 70 Dover people participated in the event, which is expected raise more than \$3,000.

Push-up contest raises money for enlisted families

By Staff Sgt. Tom Hernan 436th Airlift Wing Public Affaris

DOVER AIR FORCE BASE, Del. – More than 70 Dover people participated in the Third Annual Push-Up Contest at the base fitness center at Dover Air Force Base, Del., April 9 to test their strength and raise money for various base quality-of-life programs.

Sponsored by the Dover Air Force Base First Sergeants Council, the contestants were asked to collect pledges for the number of push-ups they could do in 10 minutes. People had the choice either of donating one dollar for each push-up or donating a fixed amount.

This year's participants managed more than 12,000 pushups and are expected to raise more than \$3,000, said Desilet. The First Sergeants Council here will use the money to help needy enlisted families, he said.

"I did 154 push-ups, and I am done," said Col. S. Taco Gilbert III, 436th Airlift Wing commander. "It was a lot of fun to get out here and participate with every one.

"It's great to see how many people we have in such outstanding athletic shape," Gilbert said. "When we have people out here doing more than 300 push-ups in 10 minutes, I'm impressed. Plus we're raising money for worthwhile causes."

"Our first sergeants are really on to something here," agreed Chief Master Sgt. William A. Scott, 436th AW command chief master sergeant, who participated in the event. "Not only does this event raise funds for many needy causes, it also brings us all a little closer together."

"It's a lot of fun, and it gets people in the gym," said Kerver, who won the award for raising the most money for the event. "It's a two-hour drive down from McGuire Air Force Base to Dover, but I'll be back next year!"

(Courtesy of Air Force Print News)

Question of the week What do you do to stay healthy and in shape?



"Eat right, work out and have fun."

<u>Capt. Susan Ferrera</u> 47th Services Division deputy



"Stay away from fatty foods, run three miles a day and get plenty of sleep."

Airman 1st Class Neil Guanlao XL Fitness Center fitness specialist



"Limit my carbohydrates by substituting in vegetables and fruits, and exercising 30-45 minutes daily."

<u>Sylvester Hernandez</u> Family member

Sports, health programs

Home run derby

A Home Run Derby will be held at 11:30 p.m. at Liberty Field April 21. Registration will be held at 11 p.m.

For more information, call Senior Airman Jennifer Nalls at 298-5251.

Don't forget to wipe down the fitness center equipment after you are finished using it.